

I Claim:

1. In a quick release safety attachment for a stirrup having spring-loaded rods and annular bushings for the rods in a sleeve, said safety attachment resting in a stirrup strap for releasably engaging the ends of a stirrup from the ends of the rods and a pair of

5 lever arms extending radially outward from the sleeve having inner ends engaging the rods for controlling the disengagement of the rods from the ends of the stirrup, the improvement comprising:

an annular thin washer-like bearing within the sleeve adjacent each bushing, an end of each spring in the sleeve pressing up against its associated bearing.

10 2. The quick release safety attachment for a stirrup as described in claim 1 further including:

a) notches at the outer ends of said arms for engagement with one another for releasably securing said arms together;

b) a strap for releasably wrapping around said arms with the notches engaged;

15 c) said arms having a curvature adapted to generally conform to the curvature of the leg of the rider.